

TAMALE PIE

INGREDIENTS:

2 Tbsp. Olive or Canola Oil
1 Onion, 1 Pepper
2 cloves of Garlic
1/4 cup chopped jalapeno pepper (optional)
1 pound ground meat (beef, lamb, turkey)
2 c. tomato pieces, canned or fresh,
with juice
2 c. corn kernels, fresh, canned or
frozen
1/2 cup broth, water or wine
1 tsp chili powder, or to taste
1 cup corn meal
1 cup grated cheese (cheddar or jack)
Salt



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*Chop onion, garlic and pepper(s). *Heat oil and cook onion, garlic and pepper until softened, about 5 min. *Mix meat with 3/4 tsp salt, crumble and add to pan. *Cook and stir until meat is done. *Add tomatoes, corn, broth and chile powder. *Simmer together while preparing the corn meal. *Preheat oven to 350 degrees. *Bring 2 cups water to a boil; slowly add corn meal, stirring vigorously to prevent lumping. (mixture will be quite thick.) *Add 1/2 tsp salt or to taste. *Stir corn meal mixture into other ingredients. * Sprinkle cheese over the top and bake about 30 minutes.

TIP: if you use an oven-proof skillet to prepare ingredients, bake the pie in it and save cleaning up an extra dish.

Source: www.recipetips.com